

COMFORT

*The Key to Happiness and Success
in over a Million and a Quarter Homes*

DEVOTED TO ART, LITERATURE, SCIENCE AND THE HOME CIRCLE.
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How to Celebrate the Fourth of July Suitably and Enjoyably

I HOPE all our readers, especially the fathers and mothers and those clothed with the authority of managing city and town affairs, will read and ponder well the interesting and instructive description, which we print on another page of this magazine of how a certain American city devised and carried through a most enjoyable Fourth-of-July celebration without the nuisance, noise and danger of the pistols, gun firecrackers and other explosive adjuncts that usually make the anniversary of Independence Day a terror to the sick and sensitive, a source of anxiety to the thoughtful and a cause of distress, grief and mourning to many.

The money that is waste was wasted individually in the purchase of pistols and ammunition, firecrackers and other fireworks, if turned into a common fund in charge of a competent town or village committee would furnish a community celebration with features and attractions that would be really worth while and would be enjoyed by all without annoyance, danger or injury to any, as was done by the city which our article tells of.

Of course if yours is a small town you can't expect to celebrate on such a grand scale as is possible for a large city, but most any village in the country, if its people will get together and all join heartily in the undertaking, support a good committee, take charge and everybody lend a helping hand, contributing cash, refreshments or personal service as each best afford, can have a local celebration that will be creditable and long remembered as an enjoyable event.

You can have a free picnic lunch with ice cream, lemonade fruits and cake at no more expense than your dinner would cost at home by offering small prizes you can get up foot races, sack races, three-legged races, potato races, rub races, riding races and various other athletic contests among your own young people. Organize a home baseball nine for the occasion and challenge a neighboring village to send a nine to play yours. Invite the people of the other village to join you in your celebration and contribute toward it. You can do all this and a lot more besides, and have a grand time, and you can keep everybody interested and amused all day. If your committee have a place to store their automobiles and are obliged to hire them kept and cared for at a public garage, and if you have a cleaning and for any little bit of tinkering required to keep them in running order, but the farmer usually has a building adapted for housing his car, or at slight cost can build one himself, and he will further save expense by washing and painting his own car when necessary, and by personal attention to his machine keep it in serviceable condition. With decent treatment a present-day automobile will run thousands of miles without needing repair, and when the cost of time any part shows that it is derived there, that will fit exactly, can be had from the factory or the agent, so that in most cases the man who uses modern farm machinery is a mechanic enough to keep his automobile in repair.

The automobile is largely responsible for the nation-wide movement for better roads. No one is more benefited by good roads than is the farmer whether he owns an automobile or not, for a farmer cannot afford the wear and tear on his horses, carts and wagons consequent on driving or hauling over roads unfit for automobile travel.

Why so Many Farmers are Buying Automobiles

THE rapid development of the automobile or motor vehicle is the chief feature that marks the progress of the twentieth century and is bringing about a revolution in the moral and social as well as the material conditions of civilization. From its first appearance as a whimsical toy in the latter part of the last century it soon worked out of the experimental stage and became the synonym of luxury for the rich. But now it has passed to its third stage and because well established as a practical convenience to men of means, it has become a necessary utility in professional and business men, in which latter class the farmers figure prominently as making profitable use of the automobile.

The automobile has been so perfected in its mechanism that it is as reliable as a clock or a horse and wagon, which latter it far exceeds in efficiency and economy both for trucking and traveling. Breakdowns are of rare occurrence and are preventable by proper care, while the danger of accident has been practically eliminated except in cases of excessive speeding or reckless driving. No longer do the comic papers picture the motor car stalled on the road while its chauffeur goes in search for a farmer and a span of horses to haul the disabled con-

traction back to the city; on the contrary the farmers are driving their own automobiles, and there are more of them owned by farmers than by any other class of business men in this country.

Farmers own one-half of all the automobiles in Iowa one-third in Wisconsin and in many other States nearly as large a proportion. This has come about through the advent of the moderate-priced cars which are as strong, reliable and serviceable, and in point of practical utility for the ordinary man as good or better than the very highest priced machines on which so much expense is lavished for extravagant luxury of furnishings and adornment. Besides the cost of upkeep and repair of the moderate-priced cars is much less.

The automobile is a paying investment to the farmer, as it is to the business and professional man, in the time it saves him in getting over the road, for "time is money" to the farmer as it is to anybody who has work to do; also it enables him to go to places, otherwise beyond his reach to sell his products and make his purchases to better advantage in larger markets.

Besides superior power, speed and endurance the automobile has the advantage over the horse of requiring no feed except when working, it is always ready at any day, needs no rest and there is no fear of overworking it in weather so hot as to be dangerous for horses to be worked.

The social side of farm life is a problem of no small importance which the automobile is solving. Localities, due to isolation, and the lack of social privileges have been the chief disadvantages attendant on farming which are especially objectionable to the middle and young folks. The farmer has been relieved by the telephone and the rural free delivery service, and now the automobile solves the latter by enabling the farmer and his family to attend church, Sunday school, Grange meetings, lecture, moving picture and other shows, parties, public functions and fairs anywhere within thirty or forty miles, for the horseless carriage travels at the rate of twenty-five miles of ordinary road in an hour, and the headlights illuminate the way so that driving is safe.

So the automobile has saved the farmer the expense of housing and upkeep is much in favor of the latter. In the crowded quarters in which city people live, many wealthy, they have no place to store their automobiles and are obliged to hire them kept and cared for at a public garage, and if you have a cleaning and for any little bit of tinkering required to keep them in running order, but the farmer usually has a building adapted for housing his car, or at slight cost can build one himself, and he will further save expense by washing and painting his own car when necessary, and by personal attention to his machine keep it in serviceable condition. With decent treatment a present-day automobile will run thousands of miles without needing repair, and when the cost of time any part shows that it is derived there, that will fit exactly, can be had from the factory or the agent, so that in most cases the man who uses modern farm machinery is a mechanic enough to keep his automobile in repair.

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Very many COMFORT subscribers who live by farming write that they own an automobile and all are enthusiastic over the benefits they have derived therefrom; never one expresses regret for the investment, while many others say they intend to buy one this season. I congratulate them and wish that all our readers possessed the wherewithal to do likewise. It is a thing worth working and saving money for with a reasonable hope of attainment by farmers of average prospects.

Long Life and Health by Drinking Distilled Water

OLD age and most of its characteristic infirmities including apoplexy and certain forms of heart disease are due to hardening of the arteries. In fact it is a proverb with the doctors that "a man is as young as his arteries."

In youth the arteries are soft, flexible and elastic like a rubber pipe, permitting the blood to flow freely

to all parts of the body and enabling the heart to do its work without excessive effort. With advancing years the arteries harden in consequence of mineral deposits largely consisting of lime. This checks the circulation of the blood, putting abnormal work on the heart and causing heart strain, enlargement of the heart and other permanent injuries to that vital organ; the arteries become brittle and are apt to spring a leak in the brain which causes apoplexy or paralysis. This hardening of the arteries causes many other diseased conditions of other organs besides general weakening of the vital powers.

While hardening of the arteries is common to old age it also appears in persons of middle age or even younger, causing premature old age and attendant diseases and decrepitude.

Once the arteries have hardened there is no treatment that will restore them to their normal condition, but there are certain well-known causes that hasten the hardening process and certain treatments that tend to check it. Impure drinking water, especially heat impregnated with lime or other alkali is one of the common causes of hardening of the arteries and of kidney troubles, stones in the bladder and certain forms of rheumatism.

The drinking of distilled water—that is water made absolutely pure and free from all minerals by distillation—is one of the effective means of preventing hardening of the arteries and the other diseases previously mentioned. This is proved by the medical records of the U. S. Navy.

There are between 65,000 and 70,000 men in the Navy and Marine Corps and the Surgeon General's report for 1913 shows only one death from apoplexy and places hardening of the arteries as the most common of all diseases among these men. He attributes this healthy condition to the enforced use of distilled water, for all water served on board ships is first distilled. Every man aboard has a distilling plant that boils sea water, the steam from which is conducted through a pipe to a cold receptacle and condensed. The salt and all other impurities left behind in the boiler and the water formed from the steam in the condenser is absolutely pure.

Dr. W. B. Keen, Surgeon General of the U. S. Navy, in his report for 1913, writes: "I urge that the rest of the world live as we do, using distilled water, and live on and grow up as healthy as the men of the United States Navy, free from heart and rheumatism, though not surrounded by home comforts, regular seasons, regular amusements and home life."

Certainly this seems worth trying as it can do no harm. Cut out drinking alcoholic liquor, also which is a well-known cause of hardening of the arteries, gout, rheumatism, liver and kidney diseases.

The Nation-Wide Prohibition Crusade

COMFORT is in the fight for nation-wide prohibition of the manufacture and sale of alcoholic liquors, except for medicinal and mechanical purposes under strict government regulation, and will keep fighting until Congress gives us an effective law to accomplish this result, which I believe can be brought about if all the friends of temperance will give the movement their earnest support.

So many of our readers from every State in the Union have written expressing their hearty approval of, and promising to help on the crusade which I proposed in my April editorial, that I am convinced it is worth while for COMFORT to lead the campaign and that our united efforts will be an impressive factor in influencing the action of Congress.

As this is a new movement that I propose there are many points to be considered and carefully worked out before the exact details can be formulated. It is very important to start just right; therefore I am taking time to insure against mistakes. However, I expect to have for COMFORT to lead the campaign to print the form of the petitions and full instructions for circulating them in July COMFORT. That will give you ample time to get them signed and send them in as Congress does not meet until December.

As I have not had time to answer individually I take this means of thanking all you who have written me and I promise that those who have thus far responded shall hear from me by mail.

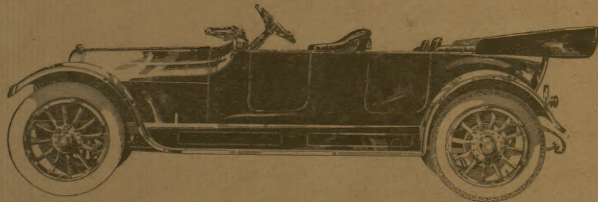
We are on the right side of the most important issue before the American people and we must and will succeed.

COMFORT'S EDITOR.

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